

PHYSICAL EDUCATION PAPER – 1 (THEORY)

(Maximum Marks: 70)

(Time allowed: Three hours)

*(Candidates are allowed additional 15 minutes for **only** reading the paper.
They must NOT start writing during this time.)*

Answer *any five* questions from *Section A*.

Section B comprises of one question on each game, with five subparts (a), (b), (c), (d) and (e). Select **any two** games from this Section.

Answer *any three* of the *five* subparts (a), (b), (c), (d) and (e) from *each* of the *two* games selected by you in this section.

The intended marks for questions or parts of questions are given in brackets [].

SECTION A (40 Marks)

Answer *any five* questions.

Question 1

Discuss the role of Physical Education in the development of an individual, through the medium of games and sports. [8]

Question 2

Explain the procedure of conducting *circuit training*, with the help of a diagram. Explain *any four* benefits of circuit training. [8]

Question 3

Explain the meaning of *weight training*. Write *any eight* weight training exercises. [8]

Question 4

What is *International Olympic Committee (IOC)*? Write *any five* functions of the IOC. [8]

Question 5

What is meant by *correct posture*? Explain *any two* common postural deformities. [8]

This Paper consists of 5 printed pages and 1 blank page.

Question 6

Explain the meaning of *Health Education*. Mention *any five* principles of health education. [8]

Question 7

Write short notes on the following: [8]

- (a) Cardiopulmonary resuscitation.
- (b) Stimulants.

SECTION B (30 Marks)

Select any two games from this Section.

Answer any three of the five subparts (a), (b), (c), (d) and (e) from each of the two games selected by you. Each subpart is for 5 marks.

FOOTBALL**Question 8** [3 × 5]

- (a) Draw a neat diagram of a football field, showing all its specifications. [5]
- (b) State *any five* ways of trapping the ball by various body parts. [5]
- (c) Mention the basic compulsory equipment used by a football player. [5]
- (d) Explain *goal-kick*. When is a goal-kick awarded? [5]
- (e) Explain the following terms:
 - (i) IFAB
 - (ii) AIFF[5]

CRICKET**Question 9** [3 × 5]

- (a) State *any five* pre-match duties of the umpire. [5]
- (b) Name *any five* different variations of spin bowling, in cricket. [5]
- (c) Specify the measurement of the following:
 - (i) Length and width of a bat
 - (ii) Circumference and weight of a ball
 - (iii) Length of wickets above the ground[5]

- (d) Write *any five* instances when a ball becomes dead. [5]
(e) Explain the following terms:
(i) An appeal
(ii) Bump ball

HOCKEY

- Question 10** [3 × 5]
- (a) Draw a neat diagram of a hockey goal post, with all its dimensions. [5]
(b) Explain the *rule of substitution* in the game of hockey. [5]
(c) List *five* cups and trophies associated with the game of hockey in India. [5]
(d) Explain the following:
(i) Shooting circle
(ii) Bully
(e) Write *any five* occasions when the referee blows the whistle during a game. [5]

BASKETBALL

- Question 11** [3 × 5]
- (a) Draw a neat diagram of the restricted area in basketball with all its dimensions. [5]
(b) Explain the procedure of substitution in the game of basketball. [5]
(c) Name *any five* types of passes, in the game of basketball. [5]
(d) Mention *any five* duties of a scorer and an assistant scorer. [5]
(e) Explain the following terms:
(i) Screening
(ii) Three Second Rule

VOLLEYBALL

Question 12

[3 × 5]

- (a) Write *any five* skills a volleyball player should possess. [5]
- (b) Explain the following: [5]
- (i) Blocking faults
 - (ii) Antennae
- (c) List *any five* important duties of a volleyball referee. [5]
- (d) State *any five* violations of rules that are punished by the referee. [5]
- (e) State the dimensions of the following: [5]
- (i) Circumference of the ball
 - (ii) Height of the net for men and women
 - (iii) Distance of attack line from the centre
 - (iv) Length of the net
 - (v) Length and breadth of the volleyball court.

TENNIS

Question 13

[3 × 5]

- (a) Draw a neat diagram of the tennis court, with its dimensions. [5]
- (b) Explain the pattern of scoring in the game of tennis. [5]
- (c) Explain the following: [5]
- (i) Let
 - (ii) Foot fault
- (d) State *any five* conditions when the service is considered to be a fault service. [5]
- (e) Write the instances when a player hinders the opponent. What are the penalties for it? [5]

BADMINTON

Question 14

[3 × 5]

- (a) List *any five* duties of an umpire. [5]
- (b) Explain the method of testing the speed of a shuttle. [5]
- (c) List *any five* basic skills required by a player, in the game of badminton. [5]

- (d) Define the following: [5]
- (i) Smash shot
 - (ii) Drop shot
 - (iii) Drive shot
 - (iv) Clear shot
 - (v) Toss or lob shot
- (e) State the following dimensions: [3]
- (i) Height of the net at the centre
 - (ii) Length and width of the racket [2]
 - (iii) Weight of the shuttle
 - (iv) Number of feathers in a shuttle
 - (v) Width of the court lines.

SWIMMING

- Question 15** [3 × 5]
- (a) Explain synchronised swimming and marathon swimming. [5]
- (b) State the duties of the following: [5]
- (i) Judges of stroke
 - (ii) Recorders
- (c) Classify the different types of races in swimming. [5]
- (d) Name *any five* important swimming tournaments. [5]
- (e) Explain the following: [5]
- (i) Lane ropes
 - (ii) Automatic officiating equipment.

ATHLETICS

- Question 16** [3 × 5]
- (a) Draw a neat diagram of standard 400 m track, with all its dimensions. [5]
- (b) List the fundamental skills required by an athlete, for hammer throw. [5]
- (c) What is *false start*? Explain *any two* types of finishing techniques. [5]
- (d) Write *any five* duties of the call-room manager. [5]
- (e) Explain the following: [5]
- (i) Exchange zone
 - (ii) Starting blocks
-

